

# Walking + Biking = Healthy Kids

A few ideas to help you enjoy walking or biking to school.

- Always follow the rules of the road. Talk about why traffic safety is important. Wear a helmet when riding a bike, and be sure it fits correctly.
- Practice stopping at intersections, looking left, right, front and behind, listening for traffic, and making eye contact with drivers.
- Find all the traffic signs and roadway markings on your route. Talk about what these words and symbols mean.
- Look at people walking, bicycling, driving and riding in cars.
- Parents - talk to your child about ways to avoid or minimize dangers along the route, what to do at driveways, or near parked cars, etc.
- Look around – get to know your neighborhood – the people, buildings, animals, landscaping, etc. on your route.
- Parents should determine a child's readiness and the safest route for walking and bicycling to/from school. The routes identified in the map are suggested routes selected based upon bicycle and pedestrian amenities in the area. The location of traffic control devices and roadway conditions may change, so parents should continually review the route with their children.

Source: California's Safe Routes to Schools Initiative

## Need a helmet?

San Benito County Public Health Division offers helmets to low-income families.

Find out more by calling  
831.637.5367

Council of San Benito County Governments

831.637.7665

Email: [info@sanbenitocog.org](mailto:info@sanbenitocog.org)  
[www.SanBenitoRideshare.org](http://www.SanBenitoRideshare.org)

California's Safe Routes to Schools Initiative

Toll Free: 1-888-393-0353

Web: [www.dhs.ca.gov/routes2school](http://www.dhs.ca.gov/routes2school)

SAN BENITO COUNTY

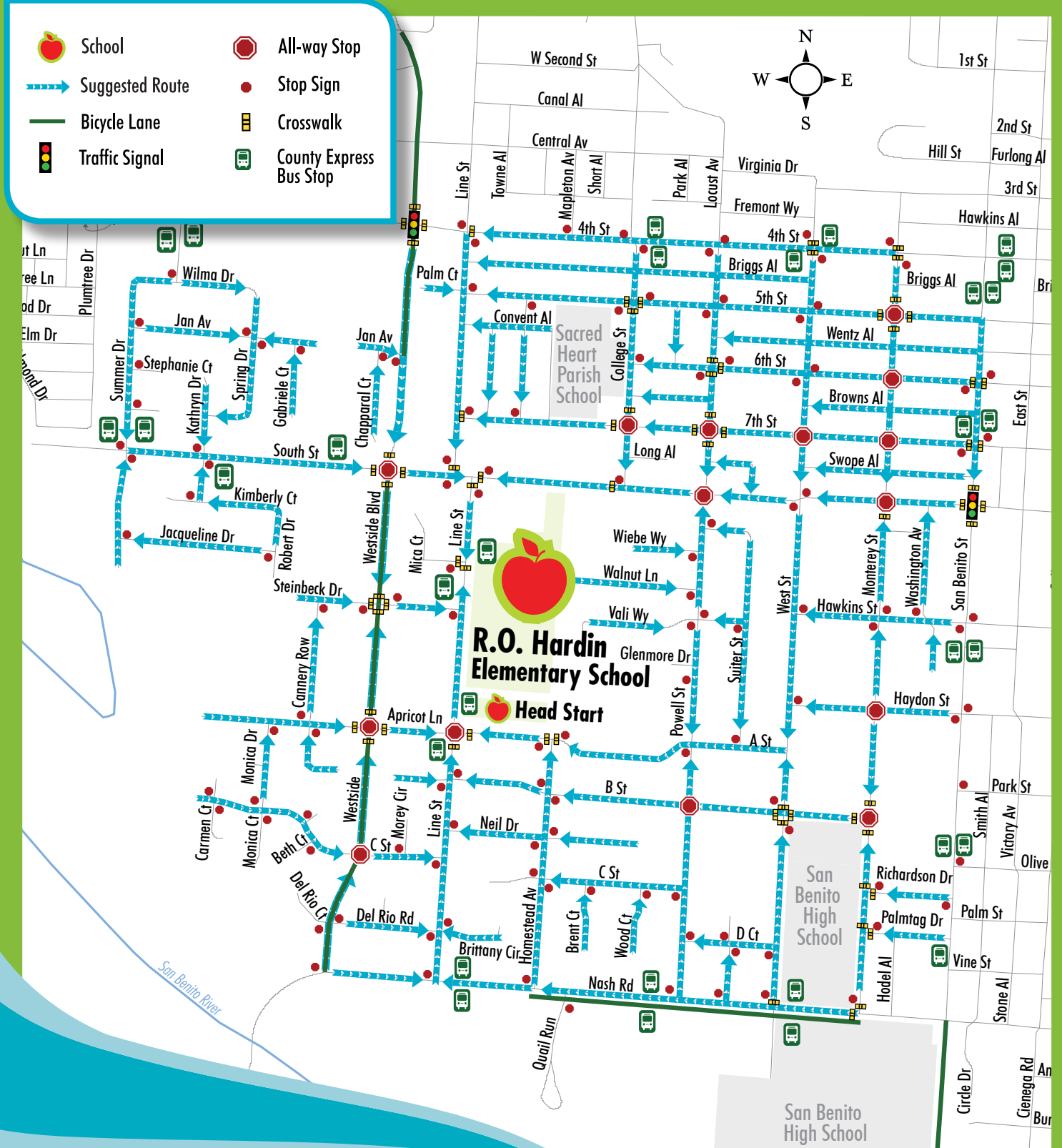
# Safe Routes TO SCHOOL



R.O. Hardin  
Elementary School

San Benito County Safe Routes to Schools are funded by:





# R.O. Hardin Elementary School

SUGGESTED WALKING & BICYCLING ROUTES TO SCHOOL

## BICYCLE RIDING TIPS

1. Wear a properly fitted bicycle helmet
2. Check your bicycle equipment regularly
3. Travel in the same direction as vehicles
4. Obey all traffic signs and signals
5. Walk your bicycle across busy streets
6. Avoid riding your bicycle at night